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UNITED STATES DEPARTMENT OF AGRICULTURE
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OFFICE OF INFORMATION

HOMEMAKERS' CHAT Wednesday, October 19, 1938

(FOR BROADCAST USE ONLY)

Subject: "SIX APPLES A DAY." Information from the Office of Experiment Stations, United States Department of Agriculture. Publications offered on the nutritive value of apples and also on using apples.

--ooOoo--

Poor Eve. She suffered for having a good idea too early. If she and Adam were alive today, they would have plenty of encouragement in apple-eating. The scientists rather than the serpent would be urging them toward the apple-tree. For just lately new virtues have been discovered in this ancient fruit. You might think there was nothing new about a fruit as old and well-known as the apple -- probably the most widely cultivated and most widely used fruit of temperate climates all over the world. But you'd be surprised at what scientists have been learning lately. Physicians have discovered that apples have special healing and curing powers. And food scientists have discovered new ways to cook and use apples.

Today doctors and nutritionists have come to agree with those old-timers who didn't know a thing about science but considered the apple such a healthful food that they praised it in rhyme. From our grandmothers and great-grandmothers, no telling how far back, comes the familiar -- "An apple a day keeps the doctor away." Another old verse says -- "To eat an apple on going to bed will make the doctor beg his bread." And then there's one about apples and aches -- "Six apples a day will take headaches away." Headaches and tummyaches, I should say, judging from what the doctors have been reporting about the raw-apple cure for intestinal disorders.

The first news of this apple treatment came in 1929 when 2 German physicians reported success from a diet of ripe, mellow, raw apple, and nothing else, for 50 children, all suffering from dysentery or typhoid. The sick children ranged in age from one to 10 years. The apple diet helped all of them.

American doctors have also reported excellent results from feeding scraped raw apple to young babies ill with intestinal disorders. For that matter, they are giving apple to well babies also. Some babies, you know, have trouble digesting cow's milk. But when dried apple powder is put in the milk, it softens the curd and makes the milk easier to digest.

A doctor in the Northwest reports that an apple diet before an operation helps prevent the nausea and intestinal pain that often follows. He even reports that apple-feeding has brought relief in chronic and acute rheumatism. Hospitals in this country, Canada and Europe are now using powdered dried apple for patients of all ages with intestinal troubles.

Nobody is sure yet what gives the apple its healing or curing power. Some think the fruit has a soothing action on the lining of the intestine. Others believe it absorbs poisons in the intestine. Another theory is that the tannic and malic acids in the apple destroy bacteria. Many physicians believe that the apple pectin helps heal the irritated tissue. University of Indiana medical workers found that pectin is a quick-healing remedy even for open wounds. They noticed that in the presence of acid, apple pectin proved to be a powerful germ-killer.

No doubt the vitamin C of the apple has something to do with its apparent curative powers. Vitamin C has been known to work against the poisons of diptheria and may act against other disease-poisons as well. The body seems to have some special need for vitamin C in all cases of infection, even common colds. So doctors today advise eating extra vitamin-C food whenever you have any sort of infection. Though apples are not so high in this vitamin as some other fruits and vegetables, they are a valuable source, especially to people who eat a good many of them. No doubt many farm families have kept themselves in good health during long hard winters by that pleasant old custom of sitting around the fire and eating apples all evening. Unconsciously, they insured themselves against those winter ills that come from lack of vitamin C.

I could go on and on telling you about the value of apples. But all this information and more has just been published in a new bulletin written by E. N. Todhunter of the Washington Experiment Station. This new bulletin is yours for the asking. All you have to do is to write to the Radio Service, Department of Agriculture, Washington, D. C., for it. No name or number necessary. Ask for the bulletin that tells about the health-giving or nutritive value of apples.

But what about the best and newest ways of cooking apples? What about the latest recipes for apple cake and apple crystals, for apple pickles, apple catsup, apple pie, cinnamon apple rings -- but there. I'll have to stop. I can't go on talking about recipes that make me so hungry. I don't need to go on talking about them anyway, because they are all in another new bulletin -- another free new bulletin, just full of fine apple recipes. This apple-cooking bulletin was written by Alice Childs and Ruth Brand of the Minnesota Experiment Station, but any listener who wants a copy can have it, too, by writing direct to the Radio Service of the Department of Agriculture in Washington, D. C.

Once again -- you are welcome to both of these brand-new apple bulletins. One is on cooking apples. (And its pictures will make your mouth water. Just reading the recipes was enough to make me hungry.) The other bulletin is on the nutritive or health values of apples. You don't need to remember names or numbers. Just write to the Radio Service -- the Radio Service, remember -- of the Department of Agriculture, Washington, D. C., and say: "I want those two new apple bulletins." You'll get both of them in a hurry.

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